



**GROUP CLASS SCHEDULE – 1 YORK ST.**  
**FROM June 20<sup>TH</sup> 2022**  
*Subject to change with notice*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>E A R L Y  A M</b>	7:00 – 7:45 <b>PURE HIIT</b>  Lori *M*LS		7:00 – 7:45 <b>PURE HIIT</b>  Lori *M*LS				
<b>L U N C H</b>						10:00 – 10:45 <b>KINSTRETCH</b> Devon/Ramtin *Y	
						10:00 – 10:45 <b>PURE POWER HIIT</b> Lori *M*LS	
	12:00 – 12:45 <b>CARDIO INTERVAL</b> Lori *M*LS	12:00 – 12:45 <b>PURE BOOTCAMP</b> Manuel *M*LS	12:00 – 12:45 <b>PURE ABS, BUTT &amp; LEGS</b> Lori *M*LS	12:00 – 12:45 <b>PURE BOOTCAMP</b> Manuel *M*LS	12:00 – 12:45 <b>PURE STRENGTH</b> Manuel *M*LS		11:00 – 11:45 <b>PURE BOOTCAMP</b> Lori *M
						12:00 – 1:00 <b>HOT FLOW YOGA</b> Lori *HY	
<b>E V E N I N G</b>						<b>Class Location:</b> *M – Main Studio *C – Cycle Studio *Y– Yoga Studio (no heat) *HY – Heated Yoga *LS – Live-Streamed	
	5:30 – 6:30 <b>FLOW YOGA</b> Ian *HY			5:30 – 6:30 <b>FLOW YOGA</b> Lori *M	5:30 – 6:15 <b>PURE CYCLE</b> Lori *C	<b>Club Hours:</b> Mon – Fri 5:30am – 10:00pm Sat – Sun 8:00am – 6:00pm	
		6:00 – 6:45 <b>PURE CYCLE</b> Mia *C	6:30 – 7:15 <b>PURE BOOTCAMP</b> Tony *M				

**Enjoy your workout!**